

Opinion

Cancer comes from what has never been true or right

The trouble with being around for a long time is you pile up a lot of facts, figures, names, places and conversations that you squirrel back in your brain, which sooner or later turn out to no longer being correct or the way it is. Circumstances change pretty fast but old brains have a tough time accepting things not being as they once were.

Change is normal and I believe it is human to resist change, even sometimes when the change is in our best interest. Recently I was going into a local establishment and a young man in front of me was smoking, actually he was getting rid of his cigarette before he went inside the build-



Northwest Passage
By Loyd Ford

ing. I realize when I saw him that I had not seen anyone smoking in quite some time. When I was growing up and well into my young adulthood smoking cigarettes and tobacco use in general was very common. It isn't any more.

I don't want to be seen as an advocate for smoking, but the reduction

in the use of tobacco by people in this tobacco state is nothing less than remarkable. Nicotine is addictive and tobacco use is a hard thing to change but it has been changed.

I suppose the thing to consider is how tobacco use became so widespread. My great-grand mother dipped snuff, and at least on a few occasions I was a facilitator of that activity. She would send my brothers and me to the grocery store to buy a can of butterscotch snuff. It was short walk even on a hot day and it was an excuse for the three of us to go on an unescorted adventure and I really doubt that we had any idea at the time what butterscotch snuff was. Frankly

it is pretty disgusting stuff.

Sometimes I wonder about the decision-making process we have today and whether it is any better than the process people used to make dipping snuff by little old ladies appropriate? Okay I know some people could make smoking look elegant but snorting finely ground, flavored tobacco could never have looked elegant.

I guess the point is that even though we humans have shortcomings that allow us to do things like smoke or use a naturally occurring carcinogen without considering, or in some cases not caring about the long-term ill effects on our bodies, we also can over a long period of time re-boot

our brains an accept that something we thought was good is in fact very bad.

I guess all of us, me included, struggle with having terms and conditions forced on us. We don't really like having someone telling us not to eat those salty, greasy fried French fries we love. Processed food is another battle ground where the food we love and long for is part of the change in our understanding of what is good for us. It took decades for great pizza to find its way to western Kentucky and now it is too salty and too processed for us.

The evidence for things not being the way they once were is piling up everywhere in this country. It is spilling

over and seeping into almost everything we do, every conversation we have and rises up in almost every interaction between people.

Yes, it is in our politics and in the way we think about other people. We have over a long period of time accepted and harbored views and ideas that just don't hold up under examination. Things have changed and some things were never the way we remember them or interpret them. But just like stopping smoking unfiltered cigarettes, change is tough but we can do it. We have too, the country is getting cancer from hanging on to things that have never been true, and thoughts that have never been right.



Our View

Keep an eye out for safety

We can never say too much about staying safe on our roadways. Not just because soon the school buses will be rolling along through our communities taking our children to and from school. Each of us spend a lot of time in our vehicles and on the road. The risk of an accident is always there. Here in Marshall County our law enforcement officers work hundreds of vehicular crashes every year. The risk of being involved in a vehicle collision is always present when you are traveling.

We tend to be a little more cautious when the roads are covered with rain water or snow and ice, but crashes happen on perfectly dry pavement as well.

The old adage a ounce of prevention is worth a pound of cure fits the situation many people find themselves in after a vehicle crash. So, stay safe on the roads, make good driving decisions and come home safe and well. Keep and eye out for safety.

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Letters to the editor policy

The Lake News welcomes and encourages original letters to the editor about issues of community interest. Letters should be limited to 400 words or less. Letters must be signed and contain the name and address of the author. The Lake News reserves the right to edit letters. The Lake News also reserves the right to reject letters for publication.

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Goods that make a cozy home feeling

I recently bought two sets of silver rimmed glass coasters. They're circa 1975. I found them on Marketplace in Calvert City. I was pretty tickled with my purchase. We've been using the same coasters that were a wedding gift since 2002. What was once six or eight is now two. We needed more and I liked these new-to-me coasters. I knew I had seen some like them before. They felt slightly fancy while cozy and nostalgic at the same time. I kept thinking maybe my grandmother had had



By Emily Morrison

some like them.

I told my momma about my coasters. Showed her the picture and everything. She started laughing. From a bottom kitchen drawer

she pulled out two of the exact same sets of coasters still in the box that had been a wedding gift to my parents. No wonder they felt familiar!

We've been using our new coasters for a few weeks now. Turns out they are stackable. Pretty and functional, what's not to love? I'm glad we got them. I get a giggle every time I think about their sister set in my momma's kitchen drawer.

As a general rule I try not to be a materialistic person. However, I do tend to sometimes wax a little sentimental over

certain items. This makes me a sucker for junk peddlers and antique vendors. I'm not the only one this way. I've known rational grown people to wax nostalgic over a cookie jar. Some items just make us feel more connected to the memories and people that made us. These are the artifacts of home. So, I'm gonna use my second-hand vintage coasters with pride. I'll do so knowing that my momma has had a set just like them for almost 50 years. That cozy homey feeling is a blessing to have.

She is clothed with strength and dignity

I was born in the South. In my imagination, I am a cultured southern belle who never leaves the house without makeup and has a closet dedicated to Kentucky Derby hats.

In reality, I am an inattentive, domestically-challenged woman who thinks the painting of toenails is a tremendous waste of time. I never wear heels because I can't walk in them. I regularly burn the biscuits because there are books to be read. I consistently lose the Mother of the Year award because I drop off my kids and forget to pick them up again.

I would like to live a life of dignified gentility. But it just isn't in my genetic makeup. There were a few years in my past when I attempt-



Tales of Grace
By Leigh Ann Northcutt

ed southern etiquette and decorum because I thought I could learn to live a dignified lifestyle. I pulled my wedding china out of the attic, stored it in a kitchen cabinet, and pretended I would use it one day. I included a knife and spoon in my table settings even when I knew my family would not need them for the

meal. And I bought a pair of high-heeled shoes. I couldn't walk in them, but they sat in my closet as a chic reminder of my new, refined lifestyle.

So, when I first discovered that the godly Virtuous Woman described in Proverbs 31 was supposed to live a dignified lifestyle, I lost all hope of emulating her.

Fortunately for me, when the writer of Proverbs said the Virtuous Woman is clothed in dignity, he didn't mean elegance and etiquette. Most commentaries state that the strength and dignity mentioned in verse 25 of Proverbs 31 are inner characteristics. The Geneva Study Bible calls them apparel of the Spirit. They were first seen in God Himself.

The Hebrew word

translated "strength" in Proverbs 31:25 is attributed to God in Psalm 93:1. "The LORD has clothed and girded Himself with strength. Indeed, the world is firmly established; it will not be moved." (NAS). The Hebrew word translated "dignity" in Proverbs 31:25 is translated as "majesty" and attributed to God in Psalm 104:1. "Bless the LORD, O my soul! O LORD my God, You are very great; You are clothed with splendor and majesty." (NAS). This strength and dignity are inner clothing designed and modeled by God.

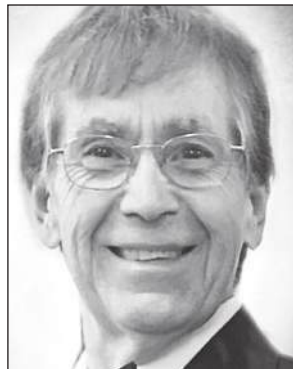
Strength and Dignity. Designed and modeled for me by God. Like the other characteristics of God, I produce them by taking my eyes off my failure and looking to Him.

Signs are all around us as school draws near

The patio has been the place to be this weekend. Not sure about the next couple of days with the chance of rain, plus the temps are on the rise again. With the rain comes the humidity but I don't think it will be anything like the last couple of weeks.

I mentioned last week about things that are signs to me that point to the start of school. If I had just waited another couple of days I would have my complete list. My Magic Lilies are blooming; the Peruvian Lily and the wild Hibiscus are all in bloom. This completes my list of signs. Do you have things that trigger your thoughts about the starting of school? So, do you have those school supplies?

Since school is starting



My Side of the Fence
By Mike Harrell

soon, how about a little history lesson (old habits are hard to break)? The economy is always a topic and it can be worse. When the Civil War was over, one-third to one-half of American currency was counterfeit. One reason might have been because a barrel of flour in the south cost about \$30 when the war started, but by the end

it was \$1,000 per barrel. Beef was \$1 per pound at the start but was \$8 per pound at the end. I can kind of relate to the beef price.

It has been an interesting week around the world, especially on the Ring of Fire. An 8.8 earthquake, a big volcanic blast and they both occurred in eastern Russia. Part of the Ring of Fire is on our West Coast. My cousin can see two volcanos from her house in Washington state. If you have ever been to Yellowstone National Park then you were inside the cauldron of a super volcano. Some say it may erupt. I sincerely hope not.

There are lots of thermal pools in Yellowstone and interestingly enough more people have lost their lives in them than

by all the bears in the park. I had another cousin who stood too close to Old Faithful and when told to move he didn't and got splashed by some boiling water on his nose. It made quiet the blister. I might have laughed.

Birthday greetings are extended to these fine folks: Sabrina Alexander, James Wiles, Roger Lents, Sonja Mathis, James Colson, Katie Reid, Van Rudolph, Dwayne Stice, Tina Marshall, Daron Sills and Grayson Clark. Enjoy your day and eat the cake.

Happy Anniversary to Mr. & Mrs. Bruce Lyles, Mr. & Mrs. Jeremy Rowe and Mr. & Mrs. Bub Johnson. You guys have a great day.

Stay safe, stay well and as always, stay in touch.